

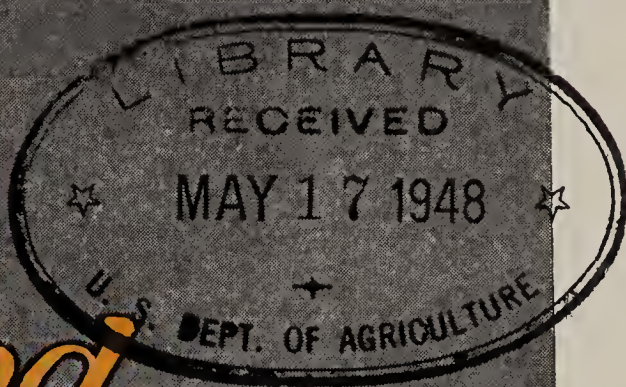
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U. S. DEPARTMENT OF AGRICULTURE LIBRARY LEAFLET No. 4

Bread *and* Cereals



In war
time

BREAD AND CEREALS

HELP HOLD THE FOOD LINE

Every man and woman in America understands that “in order to keep the battle line in France and Flanders unbroken we must do all in our power to keep the food line unbroken.” There is **NUTRITION** no lack of a sincere and patriotic will to save—and thus serve our country. More than this, however, is necessary. Merely to save the needed wheat, meat, fats, and sugar without substituting in the family diet other foods which will supply the same nutriment would result in disaster to the family health. Different kinds or classes of foods serve different uses in the body, and some knowledge of these is essential in order that the substitution, which is a mark of patriotism, may be safely practiced. These facts and full information as to what the day’s food should provide and what constitutes an adequate diet may be found in the authoritative publications of the U. S. Government.

A series of Farmers’ Bulletins, issued by the U. S. Department of Agriculture and entitled “How to Select Foods” (Farmers’ Bulletins 808, 817, and 824), will be found especially helpful. **FOOD SELECTION** The first of these—“What the Body Needs”—deals with the general principles that underlie a wise selection of food; the second deals with cereals—which we must substitute for the wheat needed by our soldiers and those of our Allies. The third one of the series tells of “Foods Rich in Protein.” “The Principles of Nutrition and the Nutritive Value of Food” (Farmers’ Bulletin 142) and “Choose Your Food Wisely” (U. S. Food Leaflet No. 4) will also repay careful study.

The “Staff of Life”

Passing from the general principles of adequate nutrition, bread should be considered first among the special foods from which one has to choose. **BREAD** “Bread and Bread Making in the Home” (Farmers’ Bulletin 807) describes in easily understood terms the principles on which bread making is based. A knowledge of these principles is desirable in the making of all bread. This bulletin should, therefore, be carefully studied in spite of the fact that it was written before we entered the war, so that the recipes even for “potato rolls” and “rice bread” call for some wheat flour.

SERVE BY SAVING WHEAT

Victory Breads

Plenty of information is available on the use of substitutes for wheat, and no one need want for knowledge who has the will to serve by saving wheat. “Use of Wheat Flour Substitutes in Baking” (Farmers’ Bulletin 955), “Wheatless Breads and Cakes” (U. S. Food Leaflet No. 20) and

WHEAT SUBSTITUTES “Partial Substitutes for Wheat in Bread Making” (S. R. S. Document 64) give recipes using some of the best-known substitutes for wheat flour. Corn meal is probably the best-known of the wheat substitutes, and the following are some of the publications giving recipes for using both corn meal and corn flour: “Corn Meal as a Food and Ways of Using It” (Farmers’ Bulletin 565); “Do You Know Corn Meal?” (U. S. Food Leaflet No. 2); “Use of Corn, Kafir, and Cowpeas in the Home” (Farmers’ Bulletin 559); and “Use Corn Meal and Corn Flour to Save Wheat” (Office of the Secretary, Circular No. 117).

Barley is grown in large quantities in the United States and is now being ground into flour. It is a palatable, wholesome food and has long been used for infant feeding. Delicious breads and cakes may be made by using it to replace wheat flour. Recipes are given in Circular 111 of the Office of the Secretary, U. S. Department of Agriculture, entitled “Use Barley—Save Wheat.”

Potatoes, rice and oats likewise are wheat substitutes. How to use them in place of flour as well as for other purposes is shown in the following circulars of the Office of the Secretary, U. S. Department of Agriculture: No. 106, entitled “Use Potatoes to Save Wheat”; No. 118, entitled “Use Oats to Save Wheat”; No. 119, entitled “Use Rice Flour to Save Wheat.” U. S. Food Leaflet No. 10, “Plenty of Potatoes”; No. 18, “Rice,” and No. 6, “Do You Know Oatmeal?” also explain how to use them for various purposes and give several recipes.

BRINGING UP THE RESERVES

Less Well-known Wheat Substitutes

The war situation, with its need for finding new foods and new uses for old ones, has fixed attention on soy beans. Experiments with flour made from soy beans show that palatable dishes can be made by using this as one of the ingredients. “Use Soy-bean Flour to Save Wheat, Meat and Fat” (Office of the Secretary, Circular 113) gives tested recipes. The Southern States have long been familiar with the use of crushed or ground peanuts in breads, muffins and biscuits. The use of peanut flour is more recent. A number of ways of using this flour are given in “Use Peanut Flour to Save Wheat and Fat” (Office of the Secretary, Circular 110). The housekeeper will also find useful a card made to hang in the kitchen called “A Guide in Baking. Save Wheat—Use Wheat Substitutes,” issued by the States Relations Service of the Department of Agriculture. It gives the measurements of various wheat substitutes equal to one cup of wheat flour and will enable the housewife to use her same old recipes by putting in the right amount of substitute in place of the usual amount of wheat flour. This kitchen card

gives recipes for quick breads only. A second one which has just been issued by the same bureau, entitled "Save Wheat—Use Wheat Substitutes—Yeast Bread Guide," gives similar directions and recipes for making yeast breads from the wheat substitutes.

Cereal Breakfast Foods

Second only to bread in food value are cereal breakfast foods. Many of these are discussed in the publications already mentioned under wheat substitutes, but "Cereal Breakfast Foods" (Farmers' Bulletin 249), "Do You Know Oatmeal?" (U. S. Food Leaflet No. 6), "Rice" (U. S. Food Leaflet No. 18), and "Hominy" (U. S. Food Leaflet No. 19) will be found helpful.

HOW TO GET INFORMATION

All the Farmers' Bulletins and Food Leaflets mentioned in this text are available for distribution as long as the supply lasts, and may be obtained by writing to the U. S. Department of Agriculture, Washington, D. C. Many excellent publications on war breads and wheat substitutes have been issued by the States for distribution to their own citizens. An inquiry addressed to your State agricultural college will bring you information as to what has been issued by your own State. You should also get in touch with your County Agent and your county or town Home Economics Demonstrator, who will be able to help you adapt printed directions to your local conditions.

While the publications of the U. S. Government and the various States are authoritative and of the greatest value, it is well to supplement these when possible by reading at least a few of the good books on the subject of foods. These, as well as the bulletins referred to in this leaflet, can doubtless be borrowed from your Public Library. Books on food values which have been written since we entered the war contain material on wheat substitutes. Great care, however, should be exercised in the choice of books, as any subject toward which popular attention is directed to the extent to which it has been directed toward food, since the war began, always produces a flood of printed matter varying greatly in value. Your Home Economics Demonstrator or the reference librarian of your Public Library should be consulted as to what books are authoritative. Time spent in the study of foods will be well repaid.

"Saving or Selfishness Is Our Triumph or Shame"
Wheat Is One Test